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Destination
Occitanie

Agence d'Attractivité, de Développement Economique et Touristique

BlogTrip

Paulien van der Verf - Outdoor Inspiratie

12-18 June

Hiking – The Tour des Pérics



> Contacts :

Occitanie

Ariège

Pyrénées-Orientales

Birgitte Reimers – birgitte.reimers@agence-adocc.com - Mobile : +33 6 10 30 86 52

Emily Leturcq - emilie.leturcq@ariegepyrenees.com - Mobile : +33 6 81 24 94 81

Alice Comes – alice.comes@adt66.com

Julien Folcher - j.folcher@cdt-66.com – Mobile : +33 7 70 19 41 27

> Journaliste :

Paulien van der Verf

Support : outdoorinspiratie.nl

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An incredible loop between Haute-Ariège and the Pyrénées-Orientales.

Four days of hiking from refuge to refuge.

The Pérics massif, reaching an altitude of 2,810 metres, looks eastwards towards the Capcir and the Mediterranean, and westwards towards Haute-Ariège and the Pyrénées-Orientales.

The Tour des Pérics, a route designed by the refuge wardens themselves—who occasionally walk it to visit their “neighbours”—winds through lakes and across both sides of the watershed between the Atlantic and the Mediterranean.

The trails are sometimes wide, as in the large valley of La Grave, or rocky when crossing the Grande Portaille d’Orlu to reach the Bésines refuge. This incredibly diverse massif is undoubtedly one of the most beautiful in the Pyrenees. On the Orlu side, chamois and marmots are very much present, while mouflon have made their home on the Camporells side.

www.tour-des-perics.com

Friday 12 June

22h00 Departure on board of the night train from Gare d'Austerlitz in Paris to Ax-les-Thermes – Intercités n°3751.

INTERCITÉS Night Service Information : Paris Austerlitz – Latour-de-Carol – Enveitg

Due to a landslide between Foix and Ax-les-Thermes that occurred on 18 February 2026, INTERCITÉS Night train services between Paris and Latour-de-Carol are suspended. Passengers are advised to use alternative routes with connecting journeys.

Saturday 13 June

06h44 Arrival in Toulouse Matabiau

Correspondance 1h02

07h46 Departure from Toulouse Matabiau to Foix on board TER liO train n°871481

08h59 Arrival at Foix

Correspondance 16 minutes

09h15 Departure from Foix to Ax-les-Thermes by liO coach n°462481

10h07 Arrival in Ax-les-Thermes

Foix : If you wish to make a stopover in the **city of Foix**, we can organise a free visit to the medieval Castle

Discover medieval Ariège at the Château de Foix, an impressive 11th-century fortress overlooking the Pyrenees from its rocky peak. Its well-preserved walls, towers and machicolations reflect the power of the Counts of Foix, who defended the Cathar cause and resisted numerous attacks. Below, the historic town of Foix retains its medieval charm and hosts lively medieval festivals in May, August and October.

www.visit-occitanie.com/en/discovering/major-sites/foix-montsegur-medieval-towns/

Ax-les-Thermes : Enjoy 2h in the **Bains du Couloubrets** – we can organise a free visit.

Les Bains du Couloubret offers 3,000 m² of wellness and relaxation. With a 2-hour access pass, you can enjoy naturally warm thermal waters between 34°C and 38°C in various indoor and outdoor pools. Inside, a large 200 m² pool features hydromassage jets, swan-neck fountains and bubbling areas for deep relaxation, along with Roman-style baths such as the frigidarium, caldarium and vaporarium. Outside, two heated pools at around 35°C let you bathe in warm thermal water while enjoying fresh mountain air and scenic views.

www.visit-occitanie.com/en/fiche/equipement/les-bains-du-couloubret-centre-de-detente-en-eau-thermale-ax-les-thermes_TFOSITRA2_LOI_6236848/

Participants gather in Ax-les-Thermes.

Dinner and night in Ax-les-Thermes

Sunday 14 June – 9 km – 4 walking hours / +900 m of elevation gain

After a short transfer by taxi to the start of our hike and stay at Refuge d'en Beys

Altitude 1970 m - 70 places

Contact : 05 61 64 24 24 - info@refuge-enbeys.com - www.refuge-enbeys.com

Situated in the heart of the Orlu National Reserve, the En Beys mountain refuge enjoys a particularly favourable location for discovering the diversity of landscapes that characterises this “borderland” between Ariège, with its deep valleys, and the Cerdan “altiplano” of the Pyrénées-Orientales.

Surrounded by numerous lakes and home to chamois and marmots, the refuge offers something for everyone — whether you are a hiker, angler, climber, wildlife and flora enthusiast, or simply someone who appreciates unspoilt mountain scenery.

In this exceptional setting, we will give you a warm welcome and help create a friendly and convivial atmosphere for sharing experiences.

Dinner and night at the Refuge d'en Beys (Ariège)

Monday 15 June – 12 km – 6 walking hours / +800 m and -500 m elevation gain and loss

Hike to the Refuge des Camporells

Altitude 2240 m - 19 places

Contact : 07 56 43 71 57 - refugedescamporells@gmail.com - www.refuge-camporells.fr

Located in the heart of a protected site. On site, an exceptional setting combining high-altitude lakes with crystal-clear waters and the grandeur of the Péric Peaks will delight lovers of hiking and spectacular landscapes.

Dinner and night at at Refuge des Camporells (Pyrénées-Orientales)

Tuesday 16 June – 12 km – 6 walking hours / -700 descent

Hike to the the mountain hotel Bones Hores Lac Bouillouses

The route for this day will be decided together, depending on everyone’s preferences.

Altitude 2050 m – 30 rooms for 75 persons

Contact : 0468042422 / 0614317972 - boneshores66@gmail.com - www.boneshores.com

Located at 2,050 metres above sea level on the shores of Lake Bouillouses, Hotel Les Bones Hores enjoys an exceptional setting in the heart of the Catalan Pyrenees Regional Natural Park. Surrounded by stunning high-mountain scenery, it is an ideal base for exploring iconic sites such as the Carlit Peak, the Pérics massif, the Camporells area, and the region’s many

high-altitude lakes. In both summer and winter, this unspoilt location appeals to lovers of hiking, nature and wide-open spaces, offering a peaceful and spectacular mountain environment.

Dinner and night at hotel Bones Hores – Lac des Bouillouses

Wednesday 17 June – 16 km – 8-9 walking hours / +700 m and – 650 m of elevation gain and loss

Hike to the Refuge des Bésines. The most challenging stage of the trip.

Altitude 2104 m - 56 places

Contact : 09 88 77 35 28 - refugedesbesines@ffcam.fr - <http://refugedesbesines.ffcam.fr/>

Located in the heart of a landscape that is both rocky and forested, on the border between Ariège and the Pyrénées-Orientales, the Refuge des Bésines enjoys a particularly favourable position for discovering the high Catalan plateaus and the deep valleys of Ariège. The proximity of numerous lakes makes it a paradise for anglers. In addition, the area offers exceptional richness in both flora and fauna.

Dinner and night at Refuge Bésines

Thursday 18 June – 9 km – 5 walking hours / -1300 descent

Final leg of the itinerary back to Ax-les-Thermes. Return to Ax-les-Thermes and train ride back to the Netherlands

19h01 Departure from Ax-les-Thermes to gare Toulouse Matabiau

21h14 Arrival at the gare Toulouse Matabiau

22h16 Night train from Toulouse Matabiau for Paris Gare d'Austerlitz

- Arrival Friday 19 June at 07h16
- Departure on the Eurostar from Paris Gare du Nord to Amsterdam Centraal

We hope you enjoyed your stay !

This press trip was organised by Destination Occitanie and its partners. We would be grateful if you could mention our websites in your forthcoming articles:

Destination Occitanie : www.voyage-occitanie.com

Ariège Pyrénées Tourisme : www.ariegepyrenees.com

Tourisme Pyrénées-Orientales : www.tourisme-pyreneesorientales.com

Explore France : www.france.fr/nl